

**Gettysburg Area School District
Vida Charter School**

**January 2025
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
		1/1 No School	1/2 1. Waffles w/SF Syrup and Bacon 54 2. Stuffed Breadstick w/Sauce 42 3. Mini Corn Dog Nuggets 35 Sides: Oven Baked Tater Tots 14 , Steamed Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/3 1. WG Cheese Pizza 37 2. Chicken Nuggets w/Goldfish Crackers 50 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Fries 10 , Fresh Cucumber Coins 3 Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/6 1. Breaded Chicken Sandwich 43 2. Cheese Bites w/Sauce 28 3. Turkey and Cheese Sub 39 Sides: Oven Baked Fries 10 , Fresh Baby Carrots 8 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/7 1. Toasted Cheese Sandwich 34 2. Chicken Tenders w/Dinner Roll 28 3. Chef Salad w/Dressing 8 Sides: Tomato Soup 16 , Fresh Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/8 1. Tacos- Beef Hard Shell 42 , Beef Soft Shell 24 2. Pizza Crunchers w/Sauce 51 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Steamed Corn 16 , Fresh Pepper Strips 3 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	1/9 1. French Toast w/SF Syrup and Sausage 65.6 2. Ham and Cheese Pretzel Melt 33 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Hash Brown 14 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/10 1. Hamburger 29 or Cheeseburger 30 2. WG Cheese Pizza 37 3. Donut and Berry Parfait 37.5 Sides: Oven Baked Fries 10 , BBQ Baked Beans 37 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
1/13 1. Chicken and Mashed Potato Bowl 45 2. Mini Corn Dog Nuggets 35 3. Beef Hot Dog 28 Sides: Mashed Potatoes 16 , Steamed Peas 12 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/14 1. General Tso's w/Steamed Rice 42 2. Italian Dunkers w/Sauce 44 3. Chef Salad w/Dressing 8 Sides: Steamed Broccoli 2 , Spring Salad Mix 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/15 1. Walking Tacos (1) 24 2. Chicken Tenders w/Goldfish Crackers 30 3. Donut and Berry Parfait 37.5 Sides: Steamed Corn 16 , Fresh Cauliflower Florets 2 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	11/16 1. Waffles w/SF Syrup and Bacon 54 2. Stuffed Breadstick w/Sauce 42 3. Popcorn Chicken Salad w/Dressing Sides: Oven Baked Hash Brown 14 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/17 No School
1/20 No School	1/21 1. Mac and Cheese w/Dinner Roll 35 2. Meatball Sub 39 3. Chef Salad w/Dressing 8 Sides: Steamed Broccoli 2 , Fresh Baby Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/22 1. Tacos- Beef Hard Shell 42 , Beef Soft Shell 24 2. Chicken Nuggets w/Dinner Roll 50 3. Donut and Berry Parfait 37.5 Sides: Steamed Corn 16 , Oven Baked Fries 10 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	1/23 1. Toasted Han and Cheese Sandwich 34 2. Cheese Bites w/Sauce 28 3. Popcorn Chicken Salad w/Dressing 36 Sides: Broccoli and Cheddar Soup 9 , Caesar Salad 6 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/24 1. Hamburger 29 or Cheeseburger 30 2. Cheesy Breadstick w/Sauce 42 3. Ham and Cheese Sub 36 Sides: Oven Baked Fries 10 , Fresh Celery Sticks 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/27 1. Sweet and Sour Chicken w/Steamed Rice 50.85 2. Ham and Cheese Pretzel Melt 33 3. Donut and Berry Parfait 37.5 Sides: Steamed Broccoli 2 , Fresh Baby Carrots 7 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/28 1. Pizza Crunchers w/Sauce 51 2. Chicken Nuggets w/Dinner Roll 50 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Steamed Peas 12 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/29 1. Chicken Drumstick w/Dinner Roll 18 2. Fish Sandwich 41 3. Mini Corn Dog Nuggets 35 Sides: Loaded Baked Potato Soup 22 , Fresh Side Salad 3 Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	1/30 1. French Toast w/SF Syrup and Sausage 65.6 2. Stuffed Breadstick w/Sauce 42 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Hash Brown 14 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/31 1. Spaghetti w/Breadstick 54 2. WG Cheese Pizza 37 3. Beef Hot Dog 28 Sides: Steamed Green Beans 3 , Caesar Side Salad 6 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24

Daily Alternate Lunch Meals: PB&J: 26

***All Pork and Ham Products are made w/Low-Sodium Turkey**